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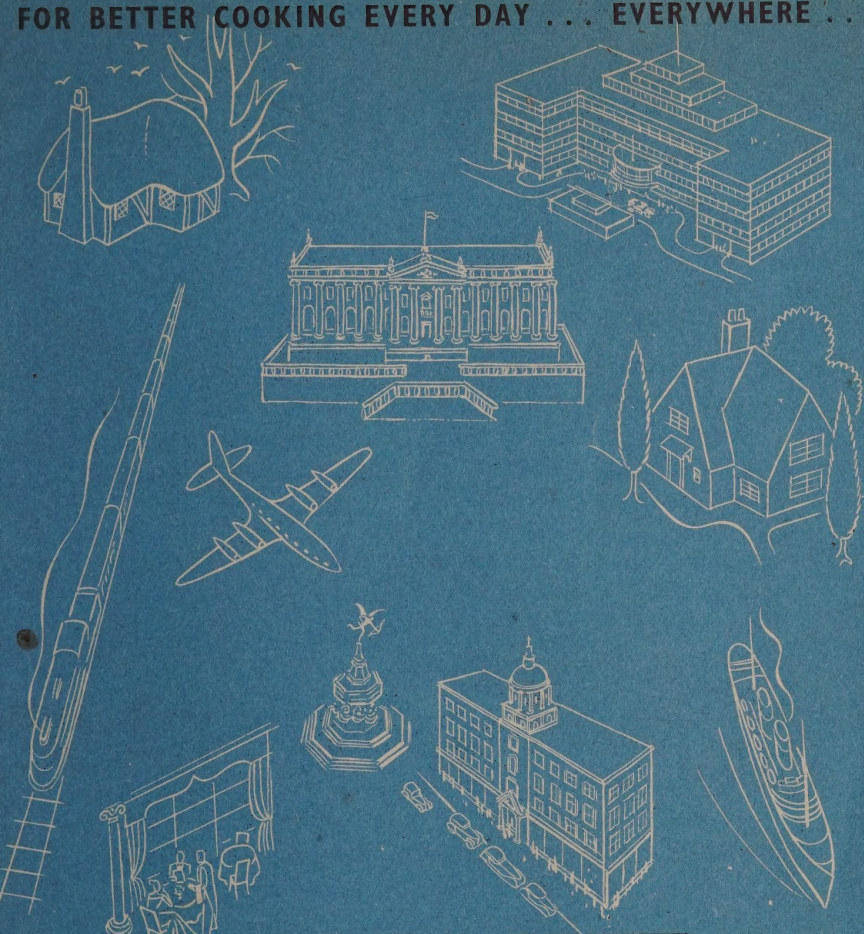

MARMITE

RECIPES

MARMITE

MARMITE is the ideal standby for the busy housewife. If you pride yourself on making really tasty dishes, you will always have a jar of Marmite handy.

Marmite adds a piquant savoury flavour to so many dishes and, most important of all, it is of proved nutritional value. Moreover, it is extremely economical and easy to use and is popular with old and young alike.

Marmite is a concentrated yeast extract providing essential vitamins of the B_2 group; it is a useful protective food, good for all the family and specially good for children and invalids.

In compiling this book an attempt has been made to give a collection of tested recipes which will appeal to every household and illustrate the numerous ways in which Marmite can be introduced into the family diet. Try the recipes yourself and you will find you can easily invent some delicious variations of your own and incorporate Marmite in many family favourites.

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Marmite is obtainable from all grocers and chemists in jars of 1-oz., 2-oz., 4-oz., 8-oz. and 16-oz.

Manufactured in England by

THE MARMITE FOOD EXTRACT COMPANY LTD.
Walsingham House, Seething Lane, London, E.C.3

SOUPS

TOMATO SOUP

1 lb. fresh or bottled tomatoes
1 small onion
1 small carrot
bacon rind
1 oz. margarine or dripping
1½ pts. water
1 large teaspoonful Marmite
2 teaspoonfuls cornflour or semolina
1 small teaspoonful sugar
seasoning

Slice the tomatoes and vegetables. Fry in the fat with the bacon rind. Cover the vegetables with the water, simmer for 35 minutes and rub through a sieve. Add the Marmite and stir until dissolved. Then add the blended cornflour, or semolina, and simmer for 5 minutes. Add the sugar and season to taste.

SCOTCH BROTH

1 lb. neck of mutton or flat ribs of beef
2 oz. pearl barley or rice
3 pts. water
1 large carrot
1 large onion
small piece of turnip
a little shredded cabbage
a piece of celery
½ lb. peas
1 tablespoonful chopped parsley
1 large teaspoonful Marmite
seasoning

Wipe and joint the meat and scald it with the barley. Put both in a pan with the water, bring to the boil and skim. Simmer for 1½ hours, add the prepared and chopped vegetables and simmer for another 1½ hours. Skim off any fat. Add the parsley and Marmite. Season to taste. Served with dumplings this soup is a meal in itself.

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WATERCRESS SOUP

bunch of watercress
½ onion
2 medium potatoes
1½ pts. water
1 teaspoonful Marmite
½ pt. milk
cornflour if required
seasoning

Wash the leaves, stems and roots of the watercress thoroughly and prepare the onion and potatoes. Put all in the water and simmer for 40 minutes. Sieve, add the Marmite and stir until dissolved. Add the milk, and season to taste. Thicken with blended cornflour if required. Add chopped watercress before serving.

POTATO AND LEEK OR ONION SOUP

4 medium potatoes
4 leeks or medium onions
1 oz. lard or dripping
1½ pts. warm water
½ pt. milk
1 teaspoonful Marmite
parsley or watercress
seasoning

Prepare potatoes and leeks or onions. Fry the leeks or onions in the fat, cover with the water, add the sliced potatoes and simmer for 40 minutes. Sieve, add the milk and bring to the boil. Add the Marmite and stir until dissolved. Season to taste and sprinkle with chopped parsley, or watercress, before serving.

CLEAR VEGETABLE SOUP

1 stick celery
1 oz. margarine
3 pts. water
1 tablespoonful cooked peas
1 large teaspoonful Marmite
seasoning

Shred the raw vegetables finely and cook gently in the margarine, cover with the water and simmer for 30 minutes. Add the peas and Marmite. Season and simmer for 3 minutes.

MARMITE CUP

A delicious hot drink can be made by stirring a teaspoonful of Marmite into a cup of boiling water or hot milk.

MEAT DISHES

HOT-POT

1½ lbs. mutton or stewing steak	1 teaspoonful Marmite
1 large onion	1 pt. warm water
1 carrot	3 lbs. potatoes
	seasoning

Wipe the meat and cut into pieces about 2 inches square. Put layer of meat in casserole; sprinkle with onion, carrot and seasoning; repeat until the meat is used up. Add the Marmite in warm water, put sliced potatoes on top, cook for 2 hours in medium oven with the lid on. Then remove the lid and allow potatoes to brown.

CURRIED MEAT

(using fresh or cooked meat)

¾ lb. stewing beef or mutton	1 pt. warm water
1 oz. dripping or lard	1 teaspoonful black treacle or syrup
1 small chopped onion	1 oz. sultanas
1 small diced carrot	1 teaspoonful Marmite
½ small sliced apple	1 tablespoonful plain flour
1 tablespoonful curry powder	seasoning

Cut up the raw meat* and fry in fat with carrot, onion and apple until brown. Add curry powder and fry for 2 minutes longer. Cover with the warm water, add treacle and sultanas and simmer gently with the lid on for 1½ hours. Add the Marmite and stir until dissolved. Blend the flour with a little water and add to the curry. Season to taste. Simmer for 2 minutes. Serve with boiled rice and chutney.

* If cooked meat is used, prepare curry in the same way but do not add the meat until the vegetables are cooked.

MINCE

½ oz. dripping
1 lb. fresh minced meat or minced cooked meat
1 small onion minced
1 carrot minced
½ pt. water
pinch of herbs
1 tablespoonful blended flour
1 large teaspoonful Marmite
seasoning
browning

Melt dripping in saucepan. Add minced meat and vegetables and fry lightly for 5 minutes. Add the water and herbs and simmer gently for 35 minutes. Add the blended flour, Marmite and seasoning. Simmer gently for 2 or 3 minutes. Colour with browning if necessary.

SHEPHERD'S PIE

To make a Shepherd's Pie put the mince in a pie dish and cover with mashed potatoes. Brush over with melted fat, sprinkle with breadcrumbs and bake till golden brown.

RAGOUT OF KIDNEY

¾ lb. kidney
1 carrot
1 onion
a small piece of turnip
1 oz. dripping
1 lb. fresh peas
seasoning
1 pt. water
1 large teaspoonful Marmite
1 teaspoonful blended flour

Cut the kidney and vegetables into small, even-sized pieces and fry lightly in the melted fat. Place in a casserole, surround with the peas, season and cover with the water. Cook in a slow oven for 45 minutes. Add the Marmite and blended flour. Return to the oven for 10 minutes.

SAVOURIES

SPAGHETTI IN TOMATO SAUCE

6 oz. spaghetti
1 lb. tomatoes
½ chopped onion
1 oz. margarine or dripping
¼ pt. water
1 small tablespoonful flour
¼ pt. milk
1 teaspoonful Marmite
1 oz. grated cheese if liked

Cook spaghetti in salted water until tender and then strain and rinse. Slice tomatoes and fry with the onion in the margarine. Cover with the water and simmer for 20 minutes. Sieve, return to the pan, thicken with the blended flour adding the milk slowly and then add the Marmite. Stir in the cheese and spaghetti and re-heat for 5 minutes.

SAVOURY MEAT MOULD

½ lb. mince
1 rasher bacon (minced)
2 oz. medium oatmeal
1 egg
1 teaspoonful parsley
1 teaspoonful finely chopped onion
stock made from:—
1 teaspoonful Marmite dissolved in
½ pt. water
seasoning and herbs

Mix all the ingredients well together and add enough stock to make a very soft mixture. Put into greased basin or mould, cover with greased paper and steam for 3 hours. Turn out and glaze if serving cold.

Glaze:—
½ oz. powdered gelatine
¼ pt. boiling water
2 teaspoonfuls Marmite

Dissolve Marmite in the boiling water. Add the gelatine and stir until dissolved, simmering gently. Allow glaze to cool a little and then, using a soft brush, brush over the mould giving it several coats until the whole surface is evenly glazed.

SAVOURY SAUSAGE PIE

1 teaspoonful Marmite
¼ pt. hot water
1 lb. sausage meat
pinch of herbs
1 small onion chopped finely
1 rasher of bacon chopped
½ lb. plain pastry
1 hard boiled egg

Dissolve the Marmite in the hot water and mix with sausage meat in a basin adding the herbs, chopped onion and chopped bacon. Allow to cool. Line a deep sandwich tin or flat heat-proof dish with two-thirds of the pastry and put in the sausage mixture. Sprinkle with chopped egg and cover with the rest of the pastry. Bake in a hot oven for 40 minutes.

RISSOTTO

1 onion
¼ lb. mushrooms (if desired)
½ lb. rice
2 oz. margarine or dripping
½ pt. water
1 teaspoonful Marmite
2 oz. grated cheese
seasoning
1 hard boiled egg chopped
½ lb. tomatoes

Chop the onion and mushrooms and fry gently for 5 minutes with the rice in the melted margarine. Cover with water in which the Marmite has been dissolved.* Simmer rice until it is tender and the liquid has been absorbed. Add the cheese and season to taste. Pile in the centre of a heat-proof dish and sprinkle with the chopped egg. Surround with the sliced tomato putting small pats of margarine on them. Cover with greaseproof paper and bake in a hot oven for 10 minutes.

* Marmite must be added early here to be absorbed in the rice grains for flavouring.

BACON AND CHEESE BARS

4 rashers of bacon
½ oz. lard
1 egg
seasoning
cut slices of bread into 8 bars about 3 in. long and 1½ in. wide
Marmite
grated cheese

Fry bacon slowly in the lard, turning it all the time. Whisk the egg and season. Spread the fingers of bread with Marmite on both sides. Dip them in the beaten egg and fry in bacon fat until golden brown. Toss in the grated cheese and put one rasher of bacon between two pieces of fried bread to make a sandwich. Serve hot.

VEGETARIAN DISHES

SAVOURY NUT PUDDING

1 carrot
1 small cabbage
1 teaspoonful Marmite
1 onion
¼ lb. mushrooms
margarine
2 tablespoonfuls wholemeal flour
¼ lb. ground mixed nuts
1 egg
1 tablespoonful chopped parsley
herbs and seasoning

Clean and cut up carrot and cabbage. Cook in very little water, add the Marmite and rub through sieve. Grate onion and chop mushrooms very finely, sauté in the margarine. Stir in the flour and ground nuts. Beat the egg and mix with all the other ingredients and seasoning. Turn into greased mould, cover with greased paper and steam for 1 hour. Serve hot or cold.

TOMATO PILAF

2 onions
½ lb. tomatoes *or*
⅓ pt. tomato purée
4 tablespoonfuls olive oil
½ lb. rice
2 oz. margarine
1½ pts. water or vegetable stock
1 teaspoonful Marmite
2 oz. chopped nuts
seasoning

Chop and fry onions and tomatoes in the oil. Wash the rice and sauté in the melted margarine. Add the fried onions and tomatoes or tomato purée and the Marmite dissolved in the water or vegetable stock. Put lid on pan and cook slowly until rice has absorbed all the moisture, add chopped nuts and seasoning.

POTATO SURPRISE

4 large potatoes
4 tablespoonfuls hot milk
1 teaspoonful Marmite
chopped parsley
1½ oz. grated cheese
seasoning

Wash potatoes, make a slit along the side of each one and bake in a moderate oven. Scoop out each potato through the slit and mash the potato with the hot milk in which the Marmite has been dissolved; add the parsley and cheese. Refill the potatoes and return to the oven until reheated.

EGG CUTLETS

1 oz. margarine
1½ oz. flour
1 teaspoonful Marmite
¼ pt. milk
seasoning
2 hard boiled eggs
chopped parsley
egg and breadcrumbs
deep fat to fry

Melt margarine, stir in the flour, dissolve the Marmite in the warm milk and add slowly to the flour, stir over a low heat until mixture thickens, season to taste. Add the parsley and eggs, chopped very finely. Allow to cool. Form into six balls and then shape into cutlets. Egg and crumb, fry in hot fat. If desired, serve with tomato sauce as for "Spaghetti in Tomato Sauce," see Savouries, page 7.

NUT RISSOLES

½ lb. ground mixed nuts
6 oz. mashed potato
4 oz. wholemeal breadcrumbs (fine)
1 egg
milk
½ oz. melted margarine or peanut butter
1 teaspoonful Marmite
fat
herbs and seasoning

Beat egg and mix with dry ingredients. Bind with a little warm milk to which Marmite and the margarine or melted peanut butter have been added. Shape into balls, then flatten into rissoles, dip in wholemeal flour and fry. The rissoles can be baked in a moderate oven if preferred, in which case put a small knob of fat on each.

SANDWICHES and SNACKS

MARMITE SPREAD

Mix 1 part Marmite with 3 parts butter, margarine or peanut butter, and use as a spread.

MARMITE DRIPPING

(see Marmite for Infants and Children, page 13)

Marmite dripping can be used in sandwiches instead of Marmite spread.

SANDWICH FILLINGS

Marmite spread and chopped nuts.

Marmite spread and cream cheese or grated cheese.

Marmite spread and scrambled egg.

Marmite spread and finely chopped brussels sprouts, flavoured with salt and a little lemon juice.

Marmite spread and sliced tomato, chopped celery, spring onions, grated raw carrot, cucumber, lettuce or cress.

Marmite spread and mixed raw vegetables. Grate carrot, swede and cabbage, chop parsley and mix with Marmite spread.

SAVOURY PASTRY

When making cheese straws mix the pastry with cold water to which a little Marmite has been added.

Odds and ends of pastry crusts left over from pies are delicious when lightly brushed with Marmite, baked and served with soup.

WELSH RAREBIT

1 oz. flour	2 oz. grated cheese
1 oz. margarine	1 teaspoonful Marmite
¼ pt. milk	mustard, salt, pepper

Make a white sauce with the flour, margarine and milk and add nearly all the cheese, cook thoroughly. Stir in the Marmite and add the seasoning. Turn into a bowl. This mixture will keep for several days and can be used as required. Spread it on slices of toast and sprinkle with the rest of the grated cheese. Brown under the grill.

MARMITE FOR INFANTS and CHILDREN

Marmite is recommended for children of all ages and may be included in their diet daily from six weeks onward; sometimes doctors order it to be given from birth. Marmite encourages feeding and helps to promote sturdy growth. Because it affords an easy way of adding B_2 vitamins to the diet and also tends to prevent constipation, it is ordered for both bottle fed and breast fed babies. Marmite is often stated to be of astonishing value for infants that are not thriving.

Babies up to Six Months may be given a small salt-spoonful of Marmite either added to the feeds or in two tablespoonfuls of warm water between feeds. This amount can be gradually increased.

Babies from Six to Twelve Months may be given ½ teaspoonful of Marmite daily either in water between feeds or added to their milk or broth.

Children from One to Five Years may be given 1 teaspoonful of Marmite daily; this can be added to their warm milk or lightly spread on bread and butter, rusks or toast.

BONE AND VEGETABLE BROTH

(see Invalid Cookery section, page 14)

This can be given from the third month onward, or as soon as the baby weighs 15 lbs., starting with 1 teaspoonful daily before the 2 o'clock feed.

VEGETABLE BROTH

1 carrot
1 small potato
few leaves of spinach
small piece of cauliflower
young green peas
sprig of parsley
½ pt. water
1 teaspoonful Marmite
seasoning

Slice vegetables, add the water and a little salt to taste. Simmer until vegetables are soft (about ½ hour). Press the cooked vegetables through a sieve. Add the Marmite, stir until dissolved and season. Milk may be added if desired.

GRAVY

Do not give babies under two years the usual gravies made with flour. If the meal is too dry add a little juice from a stew or bone broth or vegetable water in which a little Marmite is dissolved.

LIVER STEW

½ lb. liver
a little flour
½ oz. dripping
½ rasher of bacon or bacon rind to flavour
1 pt. water
1 teaspoonful Marmite
seasoning

Wash liver, skin and trim. Toss in seasoned flour, fry for 2 minutes in melted fat until sealed on all sides. Add the bacon or bacon rind, cover with the water and simmer very slowly for 1 hour. Add the Marmite, stir until dissolved, thicken with a little blended flour, season and colour with browning.

MARMITE DRIPPING

While the dripping from the joint is still hot add a teaspoonful of Marmite and allow to set. Spread on rusks or toast, this is very popular with children. Marmite added to fat rendered down gives it the meaty flavour of roast dripping.

SAVOURY CHEESE CUSTARD

1 pt. milk
1 teaspoonful Marmite
1 cup fine breadcrumbs
½ cup grated hard cheese
1 oz. melted butter or margarine
2 eggs separated
seasoning

Boil the milk and dissolve the Marmite in it. Pour over breadcrumbs and allow to stand for ½ hour. Add cheese, melted butter or margarine, seasoning and well beaten yolks; mix lightly. Fold in stiffly beaten egg whites, turn into well greased dish and bake in moderate oven for about ½ hour until light brown and firm to touch.

BRAINS

4 oz. brains
½ teaspoonful Marmite
½ pt. milk
a dab of butter
seasoning

Wash brains well. Soak in salt and water for ½ hour. Bring to the boil in fresh salt and water. Strain off water and remove skin and dark portions of brains. Add the Marmite and stir until dissolved. Then add the milk and the butter and steam in a small basin till cooked. Season lightly.

MARMITE FOR INVALIDS

Marmite is ordered extensively for its general nutritional value as well as for its usefulness in cookery. It is prescribed by doctors particularly where a natural source of B_2 vitamins is required. For convalescents, and for patients on a restricted diet, Marmite is particularly indicated. It has also proved of special use during pregnancy.

BONE AND VEGETABLE BROTH

1 lb. of veal or beef bones well broken up
1 tablespoonful malt vinegar
1 lb. mixed vegetables, e.g. carrots, cauliflower, swede, green vegetables, potatoes but no onions or leeks
1 teaspoonful Marmite

Cover the bones with cold water, bring to boil and throw away water, washing bones well. Cover again with about 1½ pints cold water and the malt vinegar. Simmer for 4–8 hours. Add vegetables and simmer for another hour. Strain, and add the Marmite. This broth will keep for three days in a cool place. Boil up daily in hot weather.

LIVER AND TOMATO MOULD

4 oz. liver
1 tomato
⅛ oz. gelatine
1 teaspoonful Marmite
⅛ pt. stock or water
seasoning

Cut up the washed liver and sieve it. Skin and sieve the tomato. Dissolve the gelatine and the Marmite in the stock. Add it to the liver and tomato. Pour into mould when beginning to thicken.

MARMITE MILK JELLY

½ pt. milk
¼ oz. gelatine
1 teaspoonful Marmite
lemon rind

Put milk, gelatine, Marmite and lemon rind in pan; heat gently, stirring all the time until the gelatine is dissolved, remove lemon rind; pour into mould. When set, dip in warm water and turn out. The jelly can be made to look more attractive if a little chopped parsley is added before pouring into the mould.

SAVOURY EGG JUNKET

1 egg
½ pt. milk
1 small teaspoonful Marmite
1 teaspoonful rennet

Beat egg slightly, add half the milk. Heat the remaining milk and dissolve the Marmite in it; pour over the egg and milk, stir in the rennet. Pour into a glass to set.

SWEETBREAD WITH WHITE SAUCE

1 sweetbread
a small piece of lean bacon
¾ pt. warm water
1 teaspoonful Marmite
1 oz. margarine
1 oz. flour
¼ pt. milk
a little lemon juice
seasoning

Wash and soak sweetbread for ½ hour. Bring to boil, throw away water and wash. Simmer sweetbread and bacon for 1 hour in stock made from the Marmite dissolved in the water. Make a white sauce by melting the margarine in a saucepan, adding the flour and cooking it for 2 minutes and then adding the milk and stirring hard until thickened. Add the sweetbread and stock to the white sauce, flavour with lemon juice and season lightly. Serve with toast.

TRIPE SOUBISE

½ lb. tripe
½ pt. water
1 onion and small piece carrot
1 clove
1 teaspoonful Marmite
¾ oz. margarine
¾ oz. flour
chopped parsley
¼ pt. milk
seasoning

Blanch the tripe, scrape and remove fat. Cut into neat pieces. Add the water, roughly chopped onion, carrot, clove and seasoning and simmer gently for about 1½ hours. Remove tripe, keep hot and strain the liquid. Make a white sauce with the margarine, flour, milk and liquid. Add the Marmite, and stir until dissolved. Cook for a few minutes and coat the tripe with the sauce. Sprinkle with chopped parsley.

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GOOD FOR BREAKFAST, LUNCH AND TEA

FOR BETTER COOKING EVERY DAY . . . FOR EVERYONE . . .

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MARMITE

RECIPES